

Disengaging Fight or Flight + Roots Journey Guide . . .

1. Open sacred space with your prayer. Calling in your 4 direction animals.
2. Open your 8th Chakra around yourself and around your client.
3. 'What's happening' tracking. Dialog, interview, and track the energy of the person you are working with.
4. Disengaging Fight or Flight . . .
 - ◆ Invite them to lay down or get comfortable.
 - ◆ Optional . . . You may choose to keep your medicine bundle open or closed. I work both ways. I honor my guidance with each client. You may lay it next to your client, under the table, or on an altar near where you are working.
 - ◆ Optional . . . Open your 8th Chakra over you and over your client (we already did this, and I love to do a little refresh by opening it again before we begin the next steps).
 - ◆ Optional . . . Do a light smudge to help you track and to begin clearing.
 - ◆ Begin at the heart. Speak lovingly to the heart inviting it to slow down, to feel the rhythm of mother earth, to feel her heartbeat, to surrender to her love and support. Once the heart is synced with the earth, keep one hand at the heart and move the other to the sacral.
 - ◆ Continue tracking energy as you disengage fight or flight.
 - ◆ What do you notice with each of your senses.
 - ◆ How do you experience your clients rhythm syncing with Mother Earths?
5. The Roots Journey . . .
 - ◆ Call in your South animal to journey with you.
 - ◆ What caught your attention while you were tracking? Follow that energy while journeying down the roots. Keep it simple. Simplicity is powerful!
 - ◆ What did you notice on the journey?
 - ◆ Did you do any clearing? How did it relate to what your client shared and your tracking?
 - ◆ Were there any messages for your client?
 - ◆ Were there any spirit gifts for your client?
6. After your journey is complete, share what showed up with your client. Keep this simple. Very often we want to over share, don't. Your goal is to leave them in an empowered place, ready to step forward having rooted more deeply into self. This is not always easy. We do not need to tell them all of the details of what we did or what we saw, only enough for them to lovingly connect the dots. Telling too many details writes a new drama or story. Remember . . . KEEP IT SIMPLE. Invite your client to share.
7. Map their integration path. What will support them in their daily life? Natural integration practices emerge when we have conversation and ask questions about their daily life. This needs to be easy and practical for where they are at on their journey.
8. Close your 8th Chakra.
9. Close Sacred Space and clean up.